



**Under the direction of  
Carol Baker-Fulco, MS, RD**



# Fluids - Your Key To Performance

# POWER

## PERFORMANCE

THE NUTRITION CONNECTION

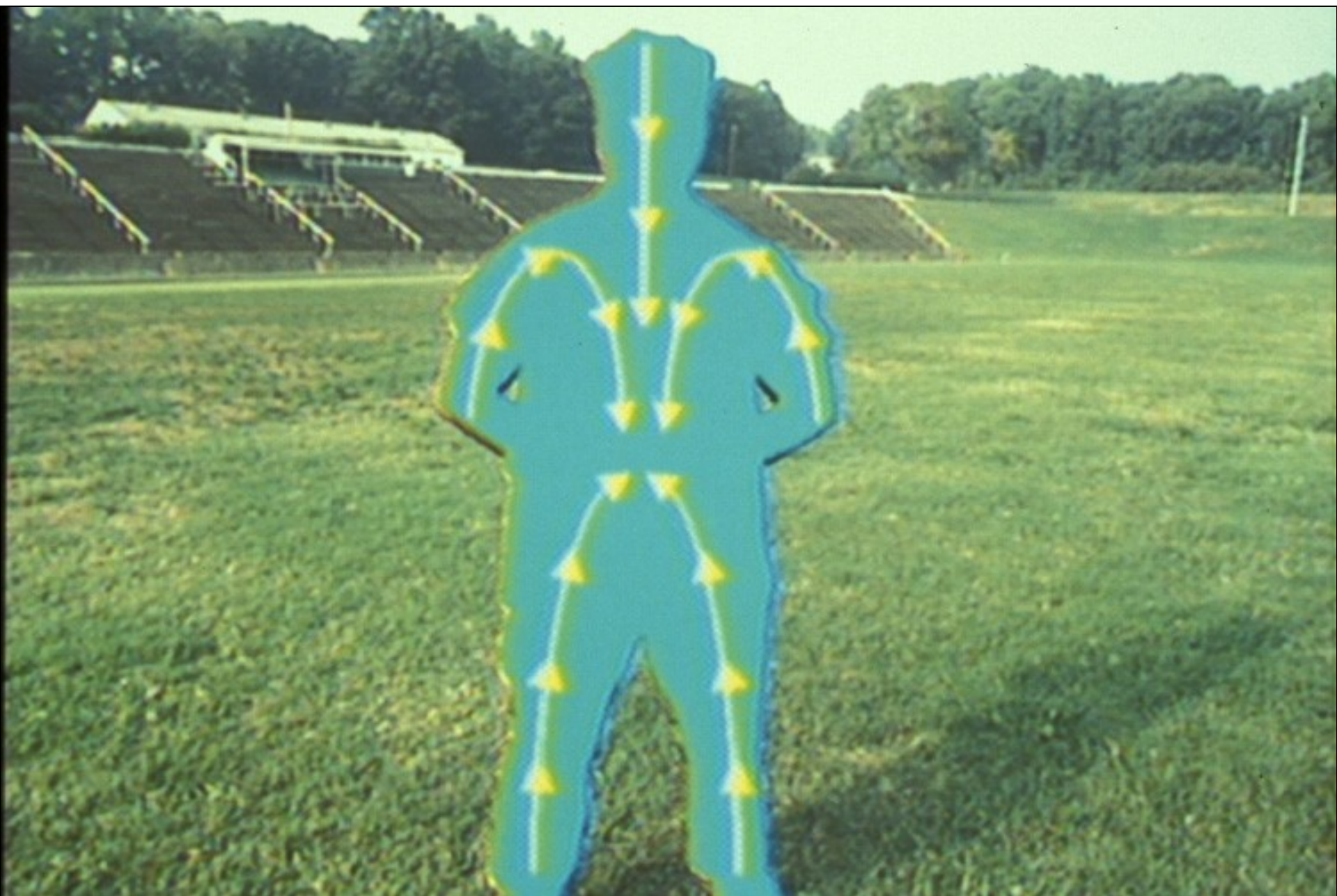




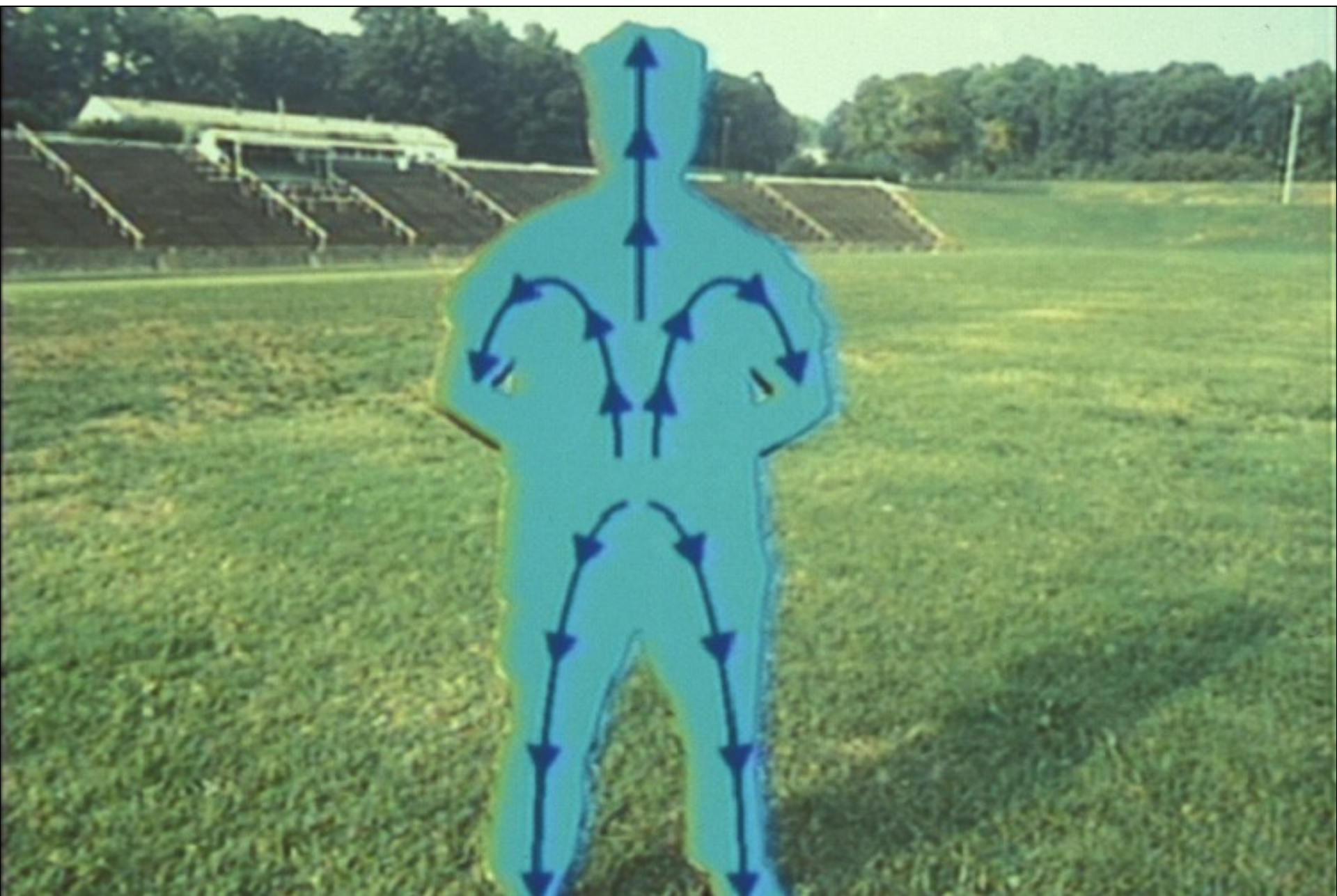












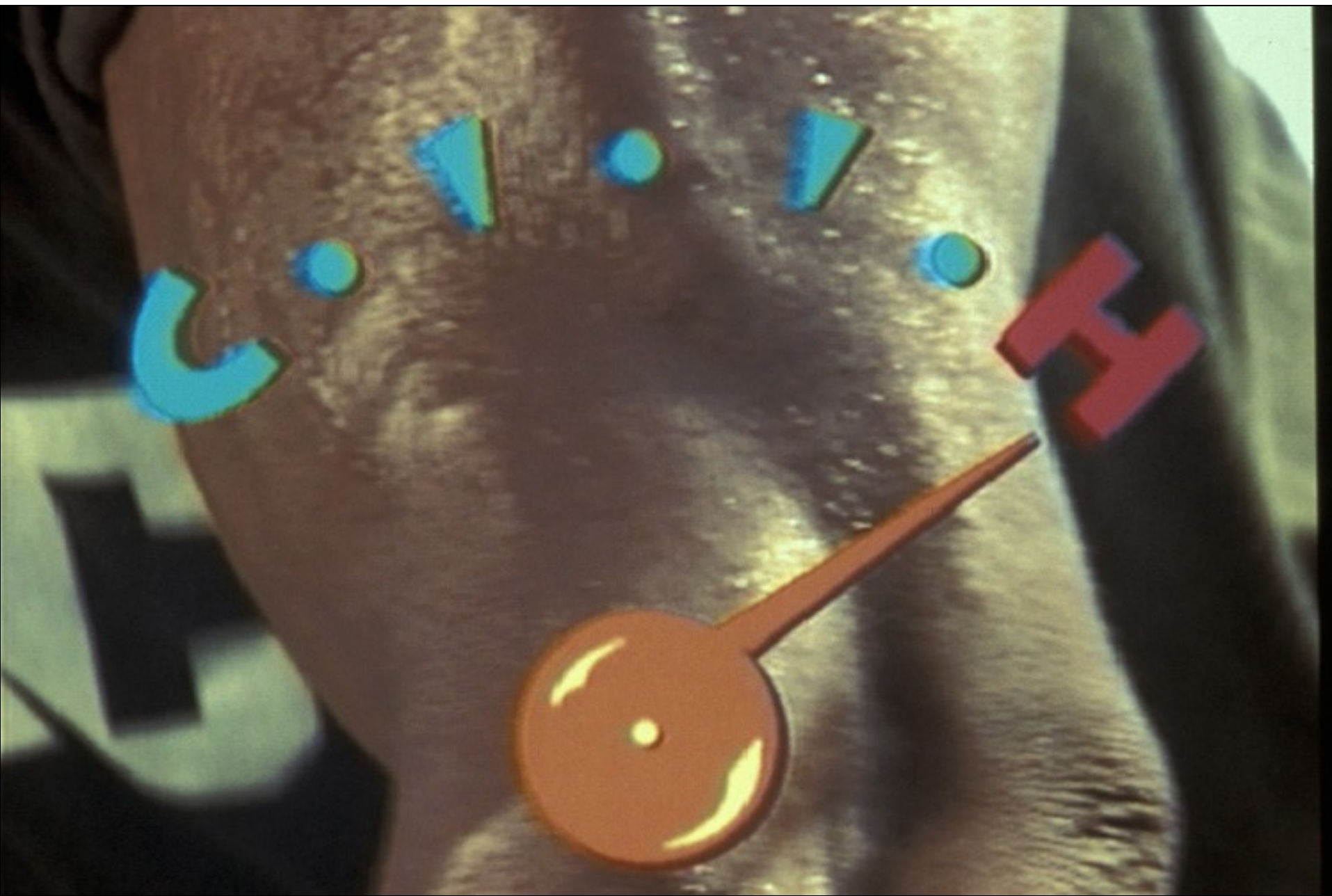










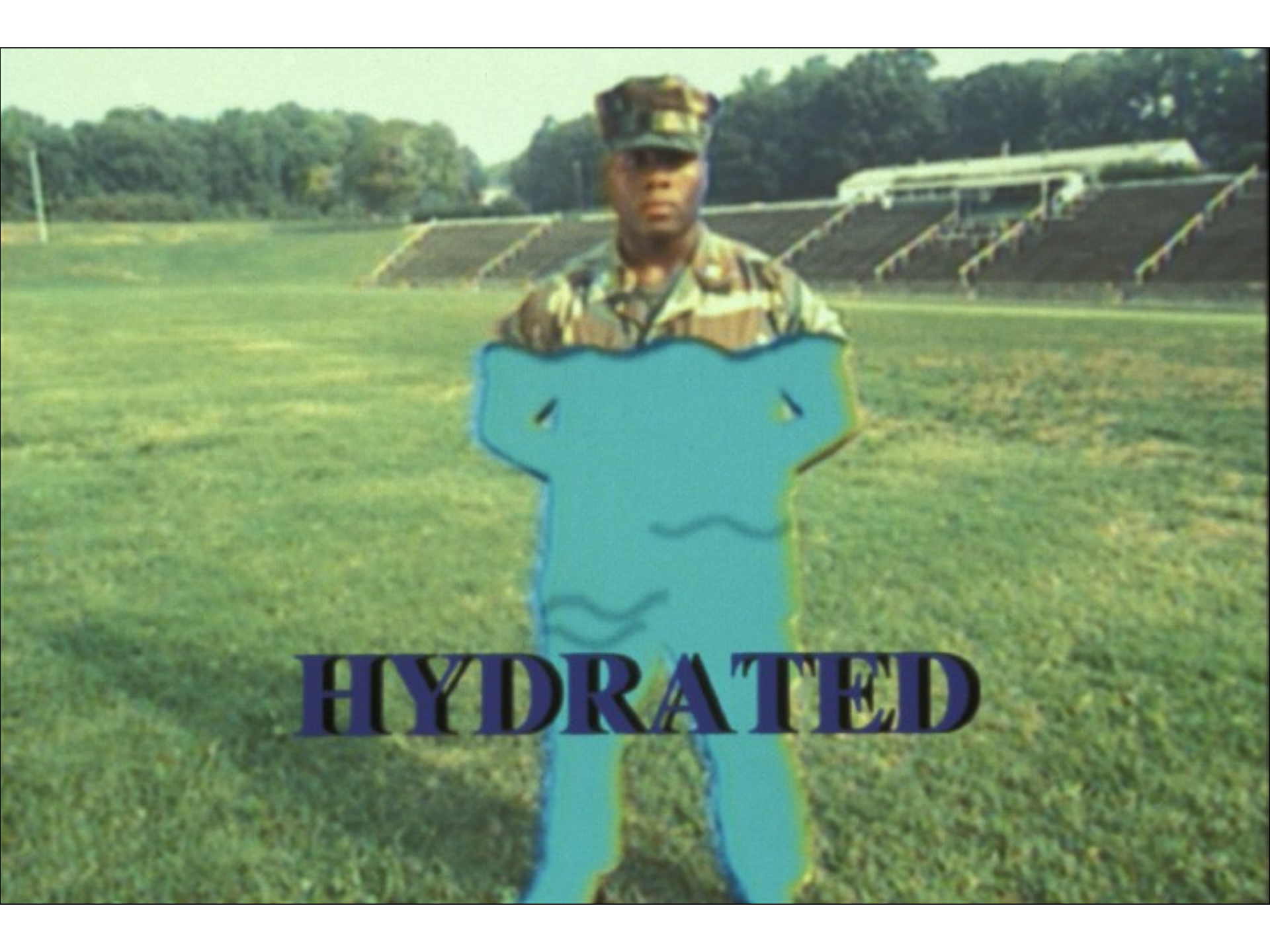












**HYDRATED**

A man in military camouflage gear, including a cap and a tactical vest, stands with his hands on his hips in a grassy field. In the background, there are bleachers and a line of trees. The word "DEHYDRATED" is overlaid in large, bold, orange letters with a black outline across the lower portion of the image.

**DEHYDRATED**







**1 Hour Exercise  
= 2 - 4% Water  
Weight Loss**



**170 LB. MAN-  
4 LBS. WATER LOSS  
IN A MORNING**



